

UNIFORMED SERVICES UNIVERSITY
OF THE HEALTH SCIENCES

Dining Out 2025



UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES

DINING OUT

HYATT REGENCY BETHESDA
FRIDAY, 07 NOVEMBER 2025



DISTINGUISHED SPEAKER
COMMANDER (RET) EVERETT ALVAREZ, JR

PRESIDENT OF THE MESS
COMMANDER SEAN SIMMONS

VICE PRESIDENT OF THE MESS
ENSIGN ANDREW MAZZA

THANKS TO

USU CHAPLAIN
LCDR MONYA STUBBS

COMMANDANT, USU SCHOOL OF MEDICINE
CDR SEAN SIMMONS

ENS ANDREW MAZZA

COLOR GUARD

DERMATONES

HYATT REGENCY BETHESDA STAFF

WITH SPECIAL THANKS TO

COMMANDER EVERETT ALVAREZ, JR. USN,
(RET.)

BRIGADE COMMANDER
COL ALBERT KINKEAD

DINING OUT COMMITTEE ADVISOR
LTC ROBERT P FEDERIGAN

DINING OUT COMMITTEE MEMBERS

USU DINING OUT TIMELINE

1800 | Cocktail Hour

1850 | Call to Dinner

1900 | Convening the Mess

1915 | Posting of the Colors

Invocation

POW/MIA Ceremony

Formal Toasts

1940 | Grog Ceremony

2000 | Parading the Beef and Dinner

2045 | Guest Speaker

2115 | Dessert

2120 | Points of Order

2140 | Service Songs

2145 | Closing Remarks

Benediction

Retiring of the Colors

2200-2300 | Dance Floor

UNIFORMED SERVICES UNIVERSITY OF THE HEALTH SCIENCES

In 1972, the 92nd Congress established the Uniformed Services University of the Health Sciences (USU) as a result of 25 years of legislative effort by Congressman F. Edward Hébert. The purpose of the university was to provide a comprehensive education in medicine to select men and women who demonstrate potential for and commitment to careers in the uniformed services. In 1983, congressional legislation officially designated the School of Medicine of the Uniformed Services University of the Health Sciences as the F. Edward Hébert School of Medicine. The School of Medicine has grown from a charter class of 32 students in the fall of 1976 to 700 students today.

The Graduate Program in Biomedical Sciences has expanded steadily since the first students were admitted in 1977. Now, there are more than 600 graduate students enrolled in doctoral, master's and certificate programs.

The successes of the university led to congressional funding of the Graduate School of Nursing (GSN) in 1993. The Graduate School of Nursing has two programs, a Master of Science in Nursing and a Ph.D. in Nursing. Within the master's program, there are three options: Nurse Anesthetist, Family Nurse Practitioner, and Perioperative Clinical Nurse Specialist. Since 1993, the GSN has grown from a charter class of 3 to nearly 200 students.

The establishment of the Postgraduate Dental College in 2010 represented the founding of the university's third school, the first since the launch of the Graduate School of Nursing in 1993. It also represented a bold venture for USU by adopting an alternative model of education that can best be described as Academic Sharing. Headquartered at Joint Base San Antonio in Fort Sam Houston, Texas, the dental school has grown from 28 students in 2012 to 180 students in 20 different programs.

The College of Allied Health Sciences (CAHS) works with its branch campuses to grant college degrees to active duty personnel currently enrolled in their technical medical programs. In 2016, the college was chartered to support the education and training requirements necessary to meet the needs of the Military Health System and the Department of Defense while providing graduates with credentials that translate directly to the civilian sector. Now there are more than 6000 students enrolled in CAHS programs.

Another vital component of the university is the Armed Forces Radiobiology Research Institute (AFRRI). Chartered by Congress in 1961, AFRRI conducts research in the field of radiobiology and related matters essential to the operational and medical support of the U.S. Department of Defense and the military services.

DINING OUT: A MILITARY TRADITION

An occasion whose roots stretch deep in the soil of military history. From the Greeks of wise Athens and mighty Sparta, to the iron legions of Rome, from the Vikings that soared stormy seas, to the chivalrous knights of medieval times, military victories and the achievements of individuals and units have been celebrated with good food, good drink, and good company.

The traditions honored in tonight's ceremony were in fact adopted from British practices during the Revolutionary War. British Army and Navy units deployed to the wilderness of America and brought with them the social customs and traditions of their services, including the formal military dinner, referred to as "Guest Night." Said occasion was used as an opportunity to gather "for an evening of good food, drink, fellowship, and honoring the feats of individuals and organizations."

Yes, it's true, that our nascent armed forces took this tradition from our then bitter enemies, just as we took their battle strategy of standing in a line in an open field and shooting at each other until one side gave up. But as the history books show, we did that better! And in the same way, the United States Dining Out tradition was borrowed, and improved upon, by George Washington's Continentals, who recognized its value in the promotion of pride of service, high morale, and loyalty. The practice has since been adopted, under various names, by all branches of the United States military.



CDR Everett Alvarez, Jr. (Ret.) Distinguished Speaker



Commander Everett Alvarez, Jr., was the first American aviator taken captive in Vietnam after being shot down near Hanoi. He became the second longest-held U.S. prisoner of war (POW) in U.S. history. Commander Alvarez, the grandson of Mexican immigrants, joined the U.S. Navy in 1960 as an aviator and graduated from Santa Clara

University in California with a degree in Electrical Engineering. He was a 26-year-old Navy pilot based on the USS Constellation aircraft carrier in the South China Sea on August 5, 1964, as tensions were heightening in the area. He was part of a bombing mission over North Vietnam sent in retaliation after a reported North Vietnamese attack a day earlier on two U.S. destroyers. Commander Alvarez's Douglas A-4 Skyhawk was shot down in the immediate aftermath of what is known as the Gulf of Tonkin incident that marked the start of a significant escalation of U.S. military action in Vietnam. He endured eight years and seven months of brutal captivity by the North Vietnamese at the Hỏa Lò Prison, known by fellow POWs as the "Hanoi Hilton," where he was repeatedly beaten and tortured. He was released from captivity on February 12, 1973.

After he returned from Vietnam, Commander Alvarez received a Master's Degree in Operations Research and Systems Analysis from the Naval Postgraduate School where he was inducted into the Alumni Hall of Fame. He also has Juris Doctorate degree from the George Washington School of Law, where he is a distinguished Alumnus. He is a member of the Washington DC Bar. Commander Alvarez went on to serve as Deputy Director of the Peace Corps, Deputy Administrator of the Veterans Administration (now known as Department of Veterans Affairs), and Vice President for Government Services with the Hospital Corporation of America. After retiring from government service, he founded and is presently Chief Executive Officer of the consulting firm Alvarez LLC. Commander Alvarez and his wife, Tammy, serve on various projects involving wounded warriors, including the Green Road Project at Walter Reed, which provides a natural healing environment for wounded service members and their families. He also served for 21 years on the Board of Regents of the Uniformed Services University.

On December 23, 2024, the Everett Alvarez, Jr. Congressional Gold Medal Act of 2023 was signed into law by President Joe Biden. This law awards Retired Navy Commander Everett Alvarez, Jr., with the Congressional Gold Medal, the oldest and highest civilian award in the United States, alongside the Presidential Medal of Freedom. Once the medal has been designed, it will be formally presented to Commander Alvarez in a ceremony at the U.S. Capitol to celebrate his lifelong dedication to his country. On January 15, 2025, Secretary of the Navy Carlos Del Toro announced that the seventh Constellation-class frigate would be named USS Everett Alvarez in Commander Alvarez's honor.

Commander Alvarez and his wife, Tammy, have made Rockville, Maryland their home since 1976. They have two sons who grew up in Rockville: Marc, is an attorney and President of Alvarez LLC; Bryan is a medical doctor who served as a battalion surgeon in Iraq and is a Commander in the Navy Reserves.



CDR SEAN SIMMONS, MC, USN

President of the Mess



Commander Sean Simmons was born and raised in North Florida. He graduated from the United States Naval Academy in May of 1998 with a Bachelor of Science degree in English. He earned his Surface Warfare Qualification while serving as Strike Officer onboard USS Curtis Wilbur and later as Navigator on USS George Philip .

Following these tours, he served as an NROTC instructor at the University of Pennsylvania, where he also completed a Master of Arts Degree in Political Science at Villanova University.

Commander Simmons then resigned his commission to enlist in the Army and pursue a position in the United States Army Special Forces. In 2005, he attended the Special Forces Assessment and Selection (SFAS), and was selected for the Army Special Forces Qualification Course. He graduated in 2006 on the Commandant's List (top 10%) with his Special Forces Qualification and Green Beret. He completed two combat deployments as a Green Beret: one to Iraq (2006 and 2007) and one to Afghanistan (2007 and 2008).

During his last combat deployment, Commander Simmons elected to pursue a career in Medicine. He was accepted into the University of Pennsylvania's Post-Baccalaureate Pre-Health Studies program and subsequently gained acceptance to the F. Edward Hébert School of Medicine at the Uniformed Services University (USU) in Bethesda, Maryland, in the class of 2015. During his time at USU, he was elected class president for four years and served as president of the USUHS Student Advisory Committee.

Commander Simmons received his M.D. in May of 2015 and reported to Fort Belvoir Community Hospital (FBCH) as a Family Medicine Intern. He was selected the National Capital Consortium Family Medicine Intern of the Year and later served as a Chief Resident at FBCH and as the Navy Resident Director in the Uniformed Services Academy of Family Physicians, becoming a board-certified Family Medicine physician in July of 2018.

He next assumed the position of Senior Medical Officer of the USS Bataan (LHD 5). In this dynamic tour, he served as both the Department Head of a 40-person department and director of a Role II hospital. When joined by the 26th Marine Expeditionary Unit (MEU), he assumed responsibility for the care of nearly 3,000 Sailors and Marines during two years of sustained operations. Following this, he was appointed Director of Expeditionary Medicine (DEM) at NMRTC Portsmouth, VA, and completed a Pain Medicine Fellowship. Upon successful completion of his fellowship, Commander Simmons was chosen to serve as the Assistant Program Director of the National Capital Region Pain Medicine Fellowship and staff Pain Medicine physician in the Pain Medicine Clinic at Walter Reed National Military Medical Center (WRNMMC). Commander Simmons is currently the Commandant of the Uniformed Services University School of Medicine.



ENS Andrew Mazza, MC, USN

Vice President of the Mess



ENS Andrew Mazza's unique journey through life started with the day he was born; being one of 150 babies born in New York City on 9/11, he chose to enter this world at 09:01 that morning. He proudly joined the Navy during the height of the War on Plague, July 2020, showing up to I-Day at the Naval Academy with aspirations to become a military physician. He somehow made those dreams come true, graduating 109th in his USNA class, 1 spot shy of graduating with "Distinction". While at USNA, he served on board the USS Bataan, LHD-5, for 3 weeks during his second class cruise where he mostly studied for the MCAT and assisted the FCs with their mechanical work around the weaponry. As a Midshipman, ENS Mazza attained the rank of MIDN Lieutenant Commander, demonstrating leadership amongst the Brigade of Midshipmen, before eventually becoming the Company Officer of the Navy Class of 2028 at the Uniformed Services University. ENS Mazza is currently on track to graduate from USU with the class of 2028, barring any setbacks, with a Doctorate of Medicine. ENS Mazza, partly by contractual obligation, but also out of love for the Navy, will serve for more than 18 years from today, with the dream of being a RAM (for anyone interested in medicine, and wanting a good life but unsubscribe to the adventure lacking ROAD specialties, visit ramllife.us). ENS Mazza, though not yet scarred by his military life, has suffered as a Commanders fan, enjoying one fantastic year in 2024 until the classic sophomore slump plagued his team this year.

A HEARTFELT THANKS TO VETERANS

TO THOSE WHO SERVE NOW OR SERVED IN THE PAST, I THANK YOU WITH ALL MY HEART FOR YOUR SERVICE. THANK YOU FOR MY LIFE AND FREEDOM IN THIS UNIQUE AND WONDERFUL NATION. FREEDOM IS NOT AN ABSTRACT IDEA. IT IS THE DIFFERENCE BETWEEN THE LIFE I CHOOSE AND THE LIFE OTHERS CHOOSE FOR ME. I AM FREE TO THINK, FEEL, AND SPEAK THE WAY I WISH. YOU HAVE GIVEN ME THAT FREEDOM AS YOU SACRIFICE YOUR OWN LIFE TO DO SO IN PART OR IN WHOLE, WITHOUT COMPLAINT, WITHOUT RESERVATION, YOU GAVE EVEN WHEN GIVING COST YOU DEARLY. THANK YOU FOR YOUR SACRIFICE, YOUR CARE, AND YOUR DEDICATION TO MAKE MY LIFE BETTER. I HAVE NO WAY TO REPAY YOU FOR MY SACRIFICES IN LIFE CANNOT BE COMPARED TO YOURS. PLEASE KNOW MY THANKS TO YOU, ARE SINCERE AND DEEP, FOR WITHOUT YOU,

FREEDOM WOULD NOT EXIST.

-KELLY ROBERTS

OFFICIAL TOASTS

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE FLAG
OF THE UNITED STATES OF AMERICA.**

MESS: TO THE COLORS!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
COMMANDER IN CHIEF, THE PRESIDENT OF THE
UNITED STATES OF AMERICA.**

MESS: TO THE PRESIDENT!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
ARMY.**

MESS: TO THE ARMY!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
NAVY.**

MESS: TO THE NAVY!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
MARINE CORPS.**

MESS: TO THE MARINES!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE AIR
FORCE.**

MESS: TO THE AIR FORCE!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
SPACE FORCE.**

MESS: TO THE SPACE FORCE!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
PUBLIC HEALTH SERVICE.**

MESS: TO THE PHS!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
COAST GUARD.**

MESS: TO THE COAST GUARD!

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
CIVILIAN CORPS.**

MESS: TO THE CIVILIAN CORPS!

**MISTER PRESIDENT, I PROPOSE A TOAST TO OUR
DISTINGUISHED GUESTS AND OUR GUEST SPEAKER,
CDR EVERETT ALVAREZ.**

MESS: HEAR, HEAR

**MISTER PRESIDENT, I PROPOSE A TOAST TO OUR
CARING AND SUPPORTING FRIENDS AND FAMILIES.**

MESS: HEAR, HEAR

**MISTER PRESIDENT, I PROPOSE A TOAST TO OUR
COMRADES IN ARMS DEPLOYED AND IN HARM'S
WAY.**

MESS: HEAR, HEAR

**MISTER PRESIDENT, I PROPOSE A TOAST TO THE
UNIVERSITY AND THE BRIGADE.**

MESS: HEAR, HEAR

RULES OF THE MESS

1. It is most unseemly to speak of the business of medicine while engaging in the frolic and frivolity of Dining Out.
2. The President of the Mess will be the first to sit, first to eat, and first to stand at the conclusion of the meal. He has the authority to defer this right to the guests of honor, however, under no circumstances will a member of the mess assume that this deferral has been extended beyond the head table.
3. Full participation is expected in all toasts with the exception of those being toasted or honored.
4. It is entirely proper to keep one's glass charged with your beverage of choice at all times. Should your fellow fighter of freedom be with an empty glass, you should report this to the proper authorities.
5. Any member of the mess or guest who is fined by the President of the Mess will be expected to accept their punishment with humility and gratitude. In the interest of good order and discipline, grog procedures have been established.
6. Those who wish to transfer the responsibility of their fines to another member of the mess may present just cause and plead their case to Mr. Vice, at the risk of appearing to question the judgment of the President of the Mess.
7. Members of the mess shall not address the mess for the sole purpose of hearing one's own voice.
8. At all times, those affiliated with the esteemed Uniformed Services University are reminded that some guests are not members of the university and, as such, every effort is to be made to ensure that these guests feel welcome and included in all aspects of the evening. Though listed last, violation of this rule is to be considered the most egregious offense possible and will result in severe, lasting punishment.

POINTS OF ORDER

Floor is opened: “If it pleases the Mess, I accuse [X] of [Y] and request that they be sent to the grog.”

The accuser may then present their case to Mr. Vice in the form of a **limerick or haiku**.

Mr. Vice: “In fact, it does please the Mess, [X] please proceed to the grog.”

RULES OF THE GROG

Once ordered to the grog, in order to offer sufficient compensation for an offense against the Mess, the convicted shall:

1. Take one ladle-full of spirits into a glass.
2. Turn to face the President of the Mess.
3. Loudly proclaim the following: **“Thank you for this opportunity!”**
4. Consume the punishment.
5. Hold the glass upside down over your head.
6. Return to your seat once excused by the President of the Mess.

“To the Mess in reparation for my egregious fault!”

THE ARMY GOES ROLLING ALONG

FIRST TO FIGHT FOR THE RIGHT, AND
TO BUILD THE NATION'S MIGHT, AND
THE ARMY GOES ROLLING ALONG.

PROUD OF ALL WE HAVE DONE,
FIGHTING TILL THE BATTLE'S WON, AND
THE ARMY GOES ROLLING ALONG.

THEN IT'S HI! HI! HEY!
THE ARMY'S ON ITS WAY.
COUNT OFF THE CADENCE LOUD AND STRONG;
FOR WHERE'ER WE GO,
YOU WILL ALWAYS KNOW
THAT THE ARMY GOES ROLLING ALONG.





MARINE'S HYMN

FROM THE HALLS OF MONTEZUMA TO THE
SHORES OF TRIPOLI; WE FIGHT OUR
COUNTRY'S BATTLES IN THE AIR, ON LAND
AND SEA; FIRST TO FIGHT FOR RIGHT AND
FREEDOM AND TO KEEP OUR HONOR
CLEAN; WE ARE PROUD TO CLAIM THE
TITLE OF UNITED STATES MARINE.

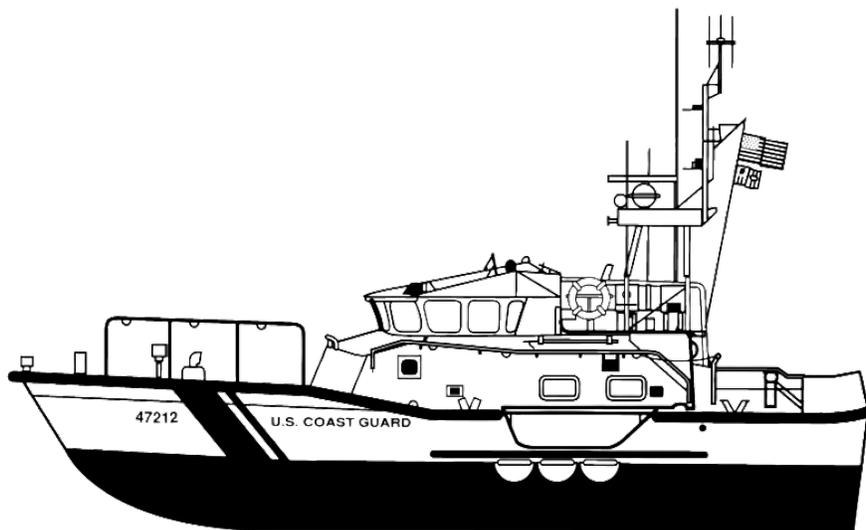
ANCHORS AWEIGH

ANCHORS AWEIGH, MY BOYS, ANCHORS
AWEIGH.
FAREWELL TO COLLEGE JOYS, WE SAIL AT
BREAK OF DAY-AY-AY-AY.
THROUGH OUR LAST NIGHT ON SHORE,
DRINK TO THE FOAM,
UNTIL WE MEET ONCE MORE. HERE'S
WISHING YOU A HAPPY VOYAGE HOME.



SEMPER PARATUS

WE'RE ALWAYS READY FOR THE CALL,
WE PLACE OUR TRUST IN THEE.
THROUGH SURF AND STORM AND HOWLING GALE,
HIGH SHALL OUR PURPOSE BE.
"SEMPER PARATUS" IS OUR GUIDE,
OUR FAME AND GLORY, TOO.
THE COAST GUARD FIGHTS THROUGH STORMS AND
WINDS!
AYE! COAST GUARD WE ARE FOR YOU!



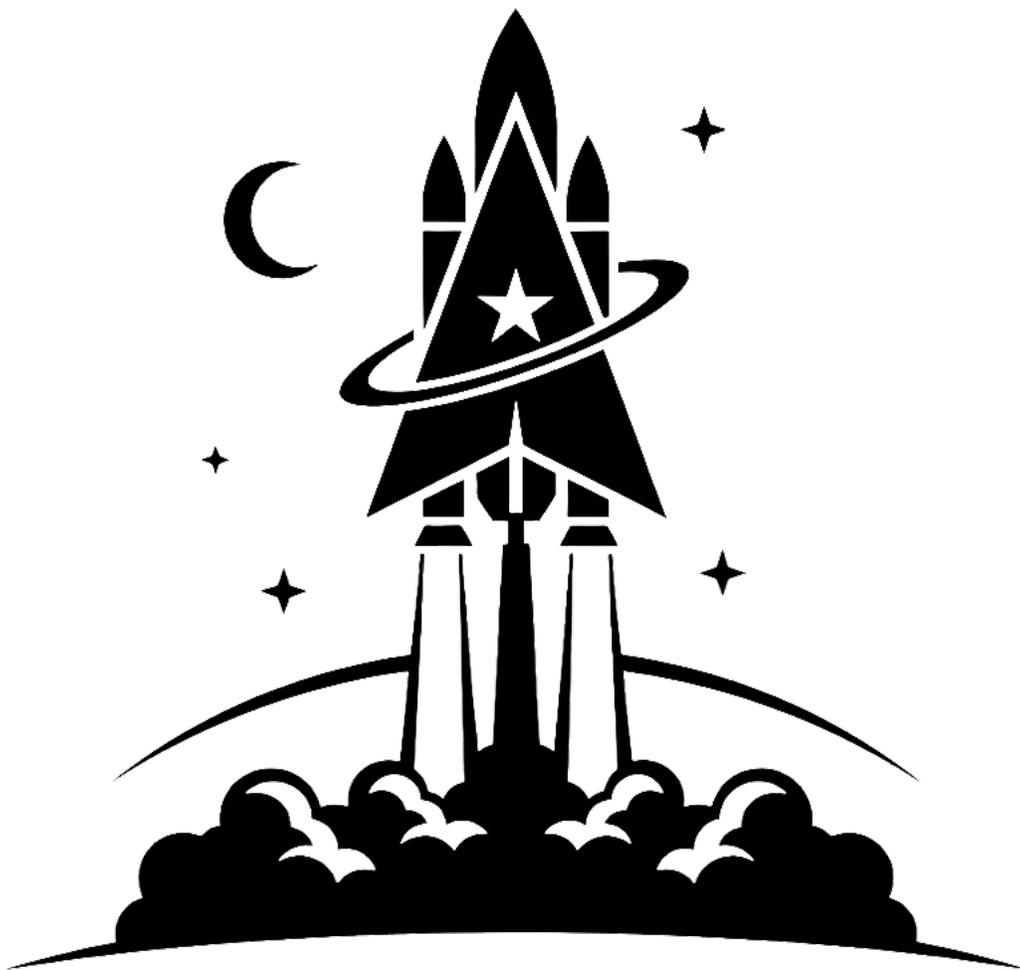


THE US AIR FORCE

OFF WE GO INTO THE WILD BLUE YONDER,
CLIMBING HIGH INTO THE SUN;
HERE THEY COME ZOOMING TO MEET OUR
THUNDER,
AT 'EM NOW, GIVE 'EM THE GUN!
DOWN WE DIVE, SPOUTING OUR FLAME FROM
UNDER, OFF WITH ONE
HELLUVA ROAR!
WE LIVE IN FAME OR GO DOWN IN FLAME. HEY!
NOTHING'LL STOP THE U.S. AIR FORCE!

SEMPER SUPRA

WE'RE THE MIGHTY WATCHFUL EYE,
GUARDIANS BEYOND THE BLUE. THE
INVISIBLE FRONT LINE,
WARFIGHTERS BRAVE AND TRUE.
BOLDLY REACHING INTO SPACE,
THERE'S NO LIMIT TO OUR SKY.
STANDING GUARD BOTH NIGHT AND
DAY,
WE'RE THE SPACE FORCE FROM ON
HIGH!





USPHS MARCH

THE MISSION OF OUR SERVICE IS
KNOWN THE WORLD AROUND,
IN RESEARCH AND IN TREATMENT NO
EQUAL CAN BE FOUND.
IN THE SILENT WAR AGAINST DISEASE
NO TRUCE IS EVER SEEN,
WE SERVE ON THE LAND, AIR AND THE
SEA FOR HUMANITY,
THE PUBLIC HEALTH SERVICE TEAM!

THANK YOU

2025 UNIFORMED SERVICES UNIVERSITY

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